

GO SOLO GOALS

- Choose one or more of the following goals. Use the suggestions as guidelines, but you may choose to develop your own individual goals. More ideas can be found in the program's Educational Materials.
- Choose no more than you can realistically accomplish in the 3 weeks of the program.
- Plan to add additional goals throughout the year as your successes help create a healthier eating environment at work.
- **When finished, fax this completed form to the Wellness Center at 665-6140. No cover sheet is necessary.**
- At the program's conclusion, you will submit this same form with a brief description of "What I Did."



A goal should be big enough to matter, and small enough to achieve ... during March!

My Name: _____ Z#: _____ Phone #: _____

I plan to:

- ☐ Eat something within 2-3 hours of waking for at least _____ days/week. (This goal may be a good one if you typically skip breakfast.)
- ☐ Bring lunch from home at least _____ days/week. (This goal may be a good one if you often eat out or grab fast food.)
- ☐ Do a lunch "make-over" for at least _____ days/week. Examples: Pack more veggies, substitute whole grain bread for white bread or "wheat bread", substitute dried apricots for cookies or chips, etc.
- ☐ When I do eat out during the work day, I plan to make healthier selections such as _____
- ☐ Assemble a "work pantry" for snacks. (This goal is a good one if you're often tempted by work snacks or the vending machine.)
- ☐ Put together or "make over" a work pantry that includes a variety of healthy snack options. This could include both dry goods (whole grain crackers, water-packed tuna, dried fruit, etc.) and refrigerated/freezer items where storage permits.
- ☐ I will select snacks from my work pantry when the munchies strike, aiming for at least _____ times/week.
- ☐ Drink more water, tea or healthier options instead of coffee and sodas. I will make healthier fluid substitutions at least _____ times/week.
- ☐ Other goals _____

What I Did:

(Leave blank until program conclusion)